The changing colors of autumn signal that trees are getting ready for winter. Throughout spring and summer, most of the food necessary for a tree's growth is made in the leaves. This food-making process takes place in the cells containing chlorophyll, which gives leaves their green color.

In fall, partly due to shorter periods of daylight and cooler temperatures, the leaves stop making food. The chlorophyll breaks down and the green color disappears; yellow and orange—previously masked by the green—appear.

The vibrant reds, purples, and browns come from other chemical processes. The brilliant red of Maples has a sweet side: in the warmth of fall days, sugar is produced in the leaves and then trapped by the night's chill. The more sugar that accumulates, the brighter red the leaves turn. Leaves and then trapped by the night's chill. The more sugar that accumulates, the brighter red the leaves turn.

The degree of color varies from tree to tree. Leaves vary depending on weather conditions. When autumn is warm and rainy, leaves may have less red coloration.

As colors vary from mountaintops to valleys and from day to day, there's no way to predict when fall foliage is at its peak. This is a time of change, when each day is different. The brilliant red of Maples has a sweet side: in the warmth of fall days, sugar is produced in the leaves and then trapped by the night's chill. The more sugar that accumulates, the brighter red the leaves turn.

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The brightest show on earth: autumn in the White Mountains!

INDEX of cities & towns

SHUNPIKES
Shunpikes are less-traveled roads that offer unique views of fall foliage in the White Mountains.

MAP LEGEND & scale of miles

ABOUT this Guide
This Leaf Popper Guide is brought to you by the 10 White Mountains Attractions Association members who strive to provide you with good family entertainment, pleasant atmospheres, and good value.

For more information, write:
White Mountains Attractions • Box 48
North Woodstock, New Hampshire 03262
or call (603)745-0720 or visit our website at
www.VisitWhiteMountains.com

WEATHER & what to wear
During September and October, daytime temperatures generally range from 50° to 70°, and nights from 30° to 50°. As a rule, the farther north or the higher in altitude you go, the cooler the temperature.

Dress is informal for the most part, except in cities and at some resorts where jacket and tie are required for dinner. Bring a mix of casual, comfortable clothes: skirts or slacks with long-sleeved blouses and sweater for women, a jacket or sweater with slacks for men. It's also a good idea to bring a lightweight jacket or coat.

FAMILY Attractions
ALPINE ADVENTURES • 4 Main Street, Lincoln • 603-745-1842 • Open Year Round
ATTITUS Mountain RIDES • 700 Route 16A, Tamworth • Open Jul 1 to Oct 31 • 603-293-2640
CAHUNNA MOUNTAIN AERIAL TRAMWAY • 1167 Route 16A, Lincoln • Open late May to Nov 15 • 603-745-9000
CRAGMORE RIDES • 165 New Hampshire Route 302, South Sandwich • Open late May to Oct 15 • 603-745-2272
FLILS GORGE • Rte. 3, Lancaster • 603-745-4015 • Open late May to Oct 15 • 603-745-8915
FLILS SKIING • Rte. 3, Lancaster • 603-745-4015 • Open late May to Oct 15 • 603-745-8915
HORSE RIDING TRIPS • 341 Route 302, Sugar Hill • Open late May to Oct 15 • 603-745-2272
WHITE MOUNTAIN BLUES • Rte. 112, Sugar Hill • 603-745-4015 • Open late May to Oct 15 • 603-745-8915

LOON MOUNTAIN • Lincoln • 603-846-5404 • Open late May thru Labor Day, weekends late May thru mid-October
LOST RIVER GORGE & BOULDER CAVES • Gilford, NH • 603-528-9333 • Open late May thru mid-October
MT. KILDRUM RIDES • Junction of Rte. 1 and Rte. 302, Northfield • 603-745-7225 • Open late May thru Oct 15
MT. WASHINGTON AUTO ROAD • 17梅林, N.H. • 603-466-3601 • Open late May thru Labor Day, weekends late May thru mid-October

WEATHER
Call during September and October for a daily report on the status of the foliage statewide.

Dress is informal for the most part, except in cities and at some resorts where jacket and tie are required for dinner. Bring a mix of casual, comfortable clothes: skirts or slacks with long-sleeved blouses and sweater for women, a jacket or sweater with slacks for men. It’s also a good idea to bring a lightweight jacket or coat.

Shoes should be low-heeled and designed for walking. If you plan to go hiking, include rubber-soled shoes (leather soles will be too slippery).

FALL FOLIAGE STATUS LINE: 1-800-256-3608
Call during September and October for a daily report on the status of the foliage nationwide.

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